

News in Brief

Student enrollment set

New student enrollment at Knob Noster and Whiteman Elementary schools takes place 8 a.m.-3 p.m. Monday-Aug. 5. Kindergarten screening for Knob Noster Elementary takes place 8 a.m.-noon Monday. For more details or an appointment, call 563-3019. Kindergarten Screening for Whiteman Elementary takes place 8 a.m.-noon Thursday. For more details or an appointment, call 563-3028.

Both elementary schools will hold their Open House on Aug. 18. Whiteman Elementary's open house will be 6-7 p.m. and Knob Noster Elementary's open house will be 6:30-7:30 p.m. The first day of school for district students is Aug. 22.

BCC luncheon Thursday

The next base community council luncheon features the Warrensburg community noon Thursday at Mission's End.

The menu is chicken Caesar salad for \$8.50.

R.S.V.P. by noon Monday to Melissa Klinkner at 687-6122. Late R.S.V.P.s will not be accepted.

Death announcement

Col. Chris Miller, 509th Bomb Wing commander, regretfully announces the death of Staff Sgt. Douglas Flowers, 509th Logistics Readiness Squadron. Anyone having claims against or indebtedness to Sgt. Flowers' estate should call 1st Lt. Derek Williamson, 509th LRS summary courts officer, at 687-6197.



Photo illustration by Tech Sgt. Mat Nisotis and Airman 1st Class Ryan Wilson

Heat hurts: think safety when mercury rises

Story by Airman 1st Class Jason Burton

Public Affairs

There are still 54 days of summer left to enjoy summer activities, go to the lake or have a barbecue.

That also means there is plenty of time to suffer from heat-related injuries.

If you plan on going outside, try to avoid the hottest part of the day, which is typically late morning until 5 p.m., Senior Airman Daniel Endris, 509th Operation Support Squadron Weather Flight, said.

Activities like yard work should be

avoided at that time and done in the early morning or in the evening.

Protecting the skin is the next thing to consider. Choosing the right clothing is important for long exposure to heat.

"Clothing should be lightweight and loose fitting, especially around the neck and wrists," said Staff Sgt. Lisa Shastay, 509th Medical Support Squadron.

Select the correct sun block and always follow the application directions and re-apply as needed.

Once outside, avoid direct sunlight as much as possible. Exposure to full sunshine can increase the heat index by 15 degrees. Staying in the shade can help keep you cool and protect you from harmful ultraviolet rays.

While in the heat, staying hydrated is crucial.

Water is the best liquid you can drink, though fruit juices and iced tea are also good.

Sergeant Shastay said you should drink at least four ounces of water every 15-20 minutes during work, even if you aren't thirsty.

Avoid alcoholic beverages as much as possible. A cold beer may be enjoyable, but it can

speed up dehydration.

"Alcoholic beverages significantly increase your risks from the heat," Sergeant Shastay said.

Although hydration is very important during the hot summer months, another important factor for heat safety is knowing the heat index.

The heat index tells how hot it really feels outside when relative humidity is added to the air temperature, Airman Endris said.

Use caution when the heat index temperature is 80-90 degrees Fahrenheit. Fatigue is possible with prolonged heat

exposure and physical activity.

Extreme caution should be used with a heat index of 90-105 degrees because heatstroke or heat exhaustion is possible.

When the heat index rises to 105-130 degrees Fahrenheit, there is a likely danger of heatstroke or heat exhaustion.

A temperature above 130 degrees puts people in extreme danger and heatstroke is likely.

The best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities and clothing during hot weather can help you remain safe and healthy.



Sun Protection Factor

The SPF of a sunscreen indicates the time period you can stay in the sun without burning based on your skin complexion.

Recommended SPF

Skin Type	1 hr	2 hr	3 hr	4 hr	5+ hr
Very Fair / Extremely Sensitive	15	30	30	45	45
Fair / Sensitive	15	15	30	30	45
Fair	15	15	15	30	30
Medium	8	8	15	15	30
Dark	4	8	8	15	15

Heat Disorders

Symptoms

First Aid

Sunburn

Skin redness and pain, possible swelling.

Take a shower using soap to remove oils that block pores preventing the body from cooling.

Heat Cramps

Painful spasm, usually in leg and abdominal muscles, and heavy sweating.

Firm pressure on cramping muscles or massage and sip some water.

Heat Exhaustion

Heavy sweating, weakness, the skin is cold, pale and clammy. There can be a weak pulse with fainting or vomiting.

Get victim to lie down in a cool place. Loosen clothing, apply cool wet cloths and give sips of water. If vomiting occurs seek immediate medical attention.



Heatstroke

High body temperature with hot dry skin. Rapid, strong pulse with possible unconsciousness. Victim will likely not sweat.

Call emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Try to cool the victim. Do not give the victim fluids.

Commander's Corner

By Col. Chris Miller
509th Bomb Wing Commander

PERSPECTIVE. Airplanes encounter both headwinds and tailwinds in flight, and so do people and organizations. The last couple of weeks have brought headwinds to many members of our team as they've dealt with critical illness and death. Families and fellow Airmen have supported each other wonderfully through these difficult situations, and proven once again that our Air Force family is at its best when we're taking care of each other.

Tech. Sgt. Luke Ford, 509th Mission Support Squadron, one of our outstanding Airman Leadership School instructors, collapsed a week and a half ago after a run. Although he got very timely CPR, was rushed to a hospital and has received excellent care, he has not regained consciousness and it is likely we will lose him. His family and squadron have been by his side and have taken very good care of him. Please keep Sergeant Ford and his family in your thoughts and prayers during this very difficult time. This morning's Warrior Run will be dedicated to him, and I appreciate all who organized, jogged or donated to the fundraiser that will help his family offset their unexpected expenses.

Staff Sgt. Doug Flowers was a member of the 509th Logistics Readiness Squadron who served with honor here



Photo by Tech. Sgt. Cecilio Ricardo

and in war-torn Iraq. We lost him as a result of an apparent suicide. He will be missed by all who knew him, especially by his family and friends. His squadron and others responded superbly to a very difficult situation and I'm proud of them.

What can we learn from these two tragedies? How can we make the tragedy of these two fine Airmen mean something good? First—by remembering we all have friends and fellow Airmen who will rally to support us when times are tough. Sometimes we get help when we can't even ask, like Sergeant Ford. Second—by remembering that sometimes, all we need to do is ask for that helping hand—and then do it! If you are having difficulties in your professional or personal life, please reach out to one of your teammates here at Whiteman. **There is no trouble so insurmountable that we can't work through it together.**

RECOGNIZING EXCELLENCE.

Yesterday we recognized nine exceptional Airmen and civilians during our Quarterly Awards breakfast. The awards highlight Whiteman people who set the standard for all of us by making significant contributions to Whiteman's missions during the past three months. Their accomplishments should inspire each of us to reach for our highest potential. There's more about our winners on Page 3.

WHITEMAN IN THE SPOTLIGHT. Last week Command Chief Master Sgt. Vicki Orcutt and I went to Washington, D.C., to meet with Missouri Congressmen. We spoke with them about our mission and you, the Airmen and civilians who work to make it all happen. We talked about our operational tempo and addressed quality of life issues that affect our families. These leaders are extremely impressed with what each of you do for America every day, and assured us that they are committed to seeing we have the

tools to do our jobs and take care of ourselves and our families. It was a privilege to represent you and tell your story!

And earlier this week, I flew to Langley Air Force Base, Va., to join other Air Combat Command wing commanders at a conference called by Gen. Ronald Keys, the new ACC commander. General Keys is a deeply experienced and impressive leader; his theme in talking with ACC commanders was that we must face and overcome challenges in the global struggle against violent extremism while also molding ourselves into a 21st century combat air force. He stressed the importance of being ready today, ready tomorrow and working to build the force that will be ready 20 years from now. He said that the key to making our mission and our transformation happen lies in our people.

We need Airmen, NCOs, officers, civilians, Reservists and Guardsmen to use their talents, ideas and leadership in service to America—in short, to be Airmen of honor, commitment and courage.

Whether we're in a headwind or a tailwind, it's important to keep perspective on what's important. Balancing mental, physical and spiritual parts of our lives; or said another way, staying connected with family, friends, faith and duty—is critical. If we do that, together we can work as a superb team to make great things happen.

UCMJ: liberty, justice for servicemembers

By. Capt. Jeffery Biller
509th Bomb Wing Legal Office

Several recent courts-martial have brought the military justice system to the attention of the nation.

Many commentators have recognized that the Uniform Code of Military Justice provides safeguards and protections that regular civilians do not enjoy. There is perhaps no better illustration of this than the court-martial of Daniel Boone: pioneer, trailblazer, and former resident of Missouri.

On Sept. 28, 1778, while the Revolutionary War continued to hang in a precarious balance, Daniel Boone stood trial for high treason in Kentucky.

Some officers suspected Boone, despite a commission in the Revolutionary Army, of sympathy to the British. This was in large part due to his marrying into a loyalist family.

When a group of Shawnee Indians, allied to the British, attacked Boone's men on a hunting expedition, he realized the attackers outnumbered his men and he surrendered. At the same time, he promised to surrender his fort in the

springtime.

The charges brought against Boone stated that in order to save himself, he surrendered his men and his fort against their consent, and that as a prisoner, he consorted with the enemy, bargaining with the British to hand over the fort. Initially, the evidence against Boone seemed overwhelming. Had the court found Boone guilty, he would have been put to death.

At trial, Boone refused representation (although he accepted counsel behind the scenes) because, as he said at the time, he wanted to speak for himself. Boone did not dispute the facts. Rather, he argued that his actions were all part of a strategy to save his fort and men in a hopeless situation.

He surrendered to the Shawnee under the condition that the Shawnee Chief, Blackfish, treat his men well. Boone also had to convince Blackfish that his fort was too strong to take at the time and if he waited until the spring, the fort's defenses would be weaker.

Boone was later able to escape to the reinforced fort and warn them of an impending attack by the Shawnee.

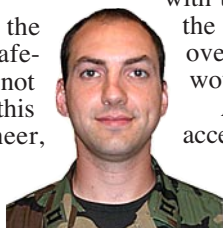
Some of the strongest evidence in Boone's favor appeared to be his genuine belief that his actions were the

only way to save both the fort and his men.

The officers deciding Boone's fate reached a quick decision: Not guilty. The trial result was not just an acquittal for Boone, but a vindication of his actions in wartime. Although he was crushed by the fact that charges were brought against him, he was also promoted.

The trial of Daniel Boone represents two of the hallmarks of American military justice: the right to a fair and speedy trial and the right to be considered innocent until proven guilty.

These rights that protected an American hero during the Revolutionary War continue today as hallmarks of military justice. They protect us servicemen and women, just as we protect our nation around the world.



Capt. Jeffery Biller

Correction:

In the July 22 issue of the *Whiteman Spirit*, Staff Sgt. Douglas Flowers' memorial service was incorrectly listed as being held June 21. It should have read as being held July 21. Sergeant Flowers was a member of the 509th Logistic Readiness Squadron.

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The deadline for article submissions to the Whiteman Spirit is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, e-mail: whiteman.spirit@whiteman.af.mil, fax us at 687-7948, or write to us at:

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Wing's quarterly award winners announced

By Senior Airman Neo Martin

Public Affairs

The 509th Bomb Wing honored the second quarter award winners during a breakfast at Mission's End July 28. The winners are:

Company Grade Officer

Capt. Tyron Wright, 509th Communications Squadron, is the Company Grade Officer of the Quarter.

Captain Wright orchestrated Whiteman's \$16.4 million network operations, leading a team of 68 military and 4 civilian members.

He also provided direct support for 147 workgroup managers supporting more than 6,840 user accounts.

Captain Wright gained \$1.4 million in ACC funding for network upgrades two years early. His efforts saved the Air Force \$3 million in equipment sustainment costs.

Captain Wright identified and resolved a serious security issue for the wireless local area network project reducing the installation time by two weeks.

Captain Wright was hand selected as the 509th MXG executive officer after completing a prototype on-line exercise.

As a mentor and teacher, Captain Wright teaches Sunday school, is a base AWANA children's instructor and taught suicide prevention to 92 base members.



Senior NCO

Senior Master Sgt. James Askren, 372nd Combat Training Squadron, is the Senior NCO of the Quarter.

Sergeant Askren oversaw instruction of 39 maintenance courses for 97 students reducing the student backlog by 14 percent.

Sergeant Smith acquired \$200,000, unfunded, for new classroom furniture and equipment for the detachment.

He also attended the first sergeant academy symposium and is now pursuing a management and human resources degree.

Sergeant Smith was elected the Whiteman Top 3 president. He also donated his time leading a tour for 67 local Girl Scout troops and managed a fundraiser earning \$667.



NCO

Staff Sgt. Angela Stone, 509th Logistics Readiness Squadron, is the NCO of the Quarter.

Sergeant Mahurin effectively managed document controls ensuring 100 percent accountability for parts.

She led a firearms reconciliation, processing 4,500 units correcting 120 errors and recouping \$2 million for Air Force accounts.

Sergeant Stone researched 323 asset adjustments valued at \$39.9 million ensuring positive mapping of 13,445 inventory locations.

Sergeant Stone earned her Community College of the Air Force degree and is working towards a Bachelors Degree in business completing six credit hours with a 3.25 grade point average.



As the Booster Club president, Sergeant Stone planned a squadron picnic, raised more than \$800 for charity and boosted 509th LRS family morale. She also tutored five elementary school students helping them increase their grades.

Airman

Airman 1st Class Jeffrey Marquart, 509th LRS, is the Airman of the Quarter.

Airman Marquart issued 209,000 gallons of JP-8 to 189 aircraft with an eight-minute average response time surpassing the Air Combat Command's 30 minute goal.

Airman Marquart deployed to a forward operating location issuing 2 million gallons JP-8 earning an expeditionary logistics readiness squadron "pumper of the month" award.

He also brought a 3.6 million gallon fuel bladder farm on line doubling the deployed base's fuel capacity.

Actively pursuing his CCAF degree, Airman Marquart earning a 4.0 grade point average.

Airman Marquart supports the base community by avidly supporting the flight booster club organizing squadron and flight events. Additionally, he monitors the flights recycling program implementing additional collection sites helping generate \$125,000 in recycled material.

Honor Guard

Airman 1st Class John Kendhammer, 509th Medical Group, is the Honor Guards Member of the Quarter.

Before being the hand-picked guardsman for Airman of the Quarter, Airman Kendhammer mastered all 15 duty positions performed during honor guard drill and ceremonies.

He also executed three mock funerals for first term Airmen showing 28 Airmen what the importance of being an Honor Guard member.

Airman Kendhammer has represented the Air Force at one active duty, 13 retiree, and eight veteran funerals and received four letters of appreciation from the families having loved ones receiving full military funeral honors. In addition he was selected as a team trainer above his peers providing in-depth training to six new honor guard members.

Airman Kendhammer completed all volumes of this career development course ahead of schedule achieving a score of 92 percent. He is also Actively pursuing a CCAF degree in allied health.

As a volunteer donating more than 10 hours to the Warrensburg Veterans Home, Airman Kendhammer provided comfort to the nation's elderly warriors. He also donated six hours to Habitat for Humanity helping improve the life of a community member.



Volunteer

Debbie Chabotte, wife of Master Sgt. Steve Chabotte, 509 Medical Operations Squadron, is the Volunteer of the Quarter.

Mrs. Chabotte is the Whiteman Elementary School Parent/Teacher Organization Board secretary

In this position, Mrs. Chabotte Attends monthly PTO meetings and keeps minutes for reports on monthly activities while maintaining and updating PTO membership, and preparing official correspondence for inclusion in school newsletter

Mrs. Chabotte volunteered more than 200 hours during this quarter and maintained PTO bulletin board

She coordinated Teacher Appreciation Week purchasing and creating appreciation gifts valued more than \$600. She also provided luncheon and presented gifts throughout the week for 46 staff members

Mrs. Chabotte assisted and set-up the End of Year Carnival for over 400 Whiteman Elementary School kids.

At the event, she worked three different carnival events and ensured the safety of all children in attendance.

Laborer/Craftsman

Mark Haywood, 509th LRS, is the laborer/Craftsman Civilian of the Quarter.

Mr. Haywood tracked and resolved delinquent documents restoring 100 percent accountability for mission critical assets. He also performed aircrew transportation requests for More than 1,250 people exceeding the Air Combat Command 10 minute response goal by 40 percent.

Mr. Haywood's knowledge and experience enabled him to provide training to help ensure 12 deploying Team Whiteman members were prepared for combat duty. He also developed a tractor/trailer training plan preparing eight troops for combat convoy operations.

Mr. Haywood was recognized for his initiative by the nuclear surety team for being self-taught on operator records and licensing section duties.

In order to help ensure recognition of deployed members return home, Mr. Haywood sponsored a welcome home party in their honor.



Specialist/Manager

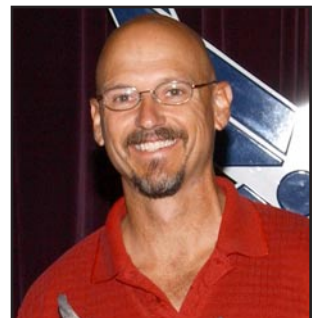
Gerry Harley, 509th Bomb Wing, is the Specialist/Manager Civilian of the Quarter.

Mr. Harley directed and deployed more than 75 days with the largest 509th movement of classified material to Guam ensuring the success of the first B-2 deployment to fulfill an Air and Space Expeditionary Force tasking.

Mr. Harley also directed security actions to allow the historic first flight of a B-2 by a British Pilot.

He acquired funding and directed the expansion of a critical classified network throughout the bomb wing that provides instant access of information at multiple site, eliminating time wasted travel to a single node.

In the community, Mr. Harley is an active member of the Warrensburg American Legion Post 013. He also collected and donated more than \$800 to sponsor the Thrillers, a local girls softball team.



Associate

Brian Nash, 509th Medical Group, is the Associate Civilian of the Quarter.

Mr. Nash's efforts revamped the third party collection and third party liability programs fixing ongoing issues.

He researched and back billed the U.S. Coast Guard for debts resulting in \$19,000 in collections recovered.

Mr. Nash is pursuing professional certification as a senior professional in human resources. He has also finished two classes toward a second Master's Degree in business administration.

To support base members, Mr. Nash served as the 509th Med Gp tax representative helping some of the 1,727 Team Whiteman members receive \$2,941,367 in tax returns.



442nd CES deploys to Red Cliff reservation

By Master Sgt. Bill Huntington
442nd Fighter Wing Public Affairs

The 442nd Civil Engineer Squadron took their show on the road in late June. More than 30 members deployed to do humanitarian construction work at the Red Cliff Chippewa Indian Reservation in the northern tip of Wisconsin on the shores of Lake Superior.

Most 442nd CES specialties, including structures, electrical, utilities, heavy equipment operators, and heating ventilation and air conditioning, participated in Walking Shield, so named by the Chippewa tribal council. It was innovative readiness training allowing the engineers to hone their skills and provide a service to the reservation's nearly 1,000 residents.

"The assignment came to us through (the Air Force Reserve Command's) humanitarian project needs," said Chief Master Sgt. Ken Woody, 442nd CES chief of operations. "I looked through a listing of work for us to do. I found that we could either go to Red Cliff or to a project in New Mexico. We chose Red Cliff because of the weather. We didn't want to be in New Mexico in the heat of the summer."

Squadron members reroofed a senior center's massive 12,000-square-foot roof and installed zone valves, transformers and thermostats inside the building. They took on painting projects, created a cemetery and build a softball field and its concession stand.

The "dirt boys," as the heavy equipment operators are known in the squadron, graded a new ball diamond. The civil engineer troops then put in all of the posts and fencing, including a 20-foot-tall backstop, and painted the dugouts that had been built earlier by another reserve unit.

"One of the (reserve) units preceding us had laid out some initial stuff," said Maj. Joe Herold, 442nd CES commander. "But we went in and recalibrated it, calculated it and validated where to put the bases and where the fence was going to go."

Unfortunately, they weren't able to use



Courtesy photo

Members of the 442nd Civil Engineer Squadron apply shingles to the roof of a new gazebo at the Red Cliff Indian Reservation in Wisconsin.

the field themselves because the tribe wanted special dirt brought in for the infield that wouldn't arrive until after the reservists returned home.

Heavy equipment operators were not only busy at the ball field; they were also tasked with putting in a road and a parking lot at the reservation's new cemetery.

The engineering assistants took on a job unfamiliar to most military members. They laid out the cemetery plots for future burials.

"We learned about the need for the cemetery after we arrived," Chief Woody said. "We had to lay out the new one because during the winter their main cemetery got full and we had to work

around the fact that some burials had already been done at the new location."

With the parking lot and road complete, the dirt boys traded their heavy equipment for saws and hammers, and constructed a 15-foot-wide octagonal gazebo at the cemetery, another last-minute add on to the project.

"It all worked out very well," said Master Sgt. Andy Weeks, heavy equipment supervisor. "Everyone got some hands-on of multiple types of equipment in different (conditions). Whether it was in the trees or the mud or the sand, it all worked out very well."

Sergeant Weeks said the deployment was really beneficial to the newer ranks of

the dirt boys.

"In our shop, we only had two veterans and the rest were all new people who we had not been able to see operate the equipment," Sergeant Weeks said. "It was all very optimal for us and everybody (was able to get certified) on the equipment."

Installing the senior center's new roof was a formidable project for the structures troops but they faced it head on.

"That's the largest (roof) that (we) had ever done," Chief Woody said. "When we tore the old roof off, I had about 25 guys up there doing the work and when we put the new roof on there were 11 guys up there. We got it done in six days."

In addition to the HVAC troops installing thermostats and valves inside the senior center, the CE troops built a wall and installed some cabinets.

According to Chief Woody, their efforts were well received by the reservation's residents.

"They really appreciated everything we did," he said. "They fixed us lunch for helping them out and they just treated us really well."

The deployment provided an opportunity for the civil engineers to come together as a group, show their expertise to their relatively new commander and have a little fun too.

"This was Major Herold's first deployment with us since coming to us from the (442nd) Communications Flight," Chief Woody said. "It gave us a chance to show him the type of work we can do. He knows a bit about engineering and he jumped right in and helped do a lot of the work."

"He really helped bring everybody together. It was Father's Day on the 14th and he bought everybody a (neck)tie, which was great. It really got everybody going and laughing. Of course when we had our end of tour party, we all gave him a (ceremonial) dunking in Lake Superior."

"The water temperature was approximately 50 degrees," Major Herold laughed as he recounted the experience.

Survivor gives perceptions of 101 critical days

By Col. Bill Malec
Air Mobility Command
Chief of the Aerospace and Airfield Division

The big "101 Critical Days of Summer" clock had barely started ticking when I became an early statistic. As is my custom, I read the summer safety articles and messages from the senior leaders, cautioning on the dangers of summer and encouraging one and all to "be safe." Somewhere in the back of my mind I probably thought, "... but not me!"

Admittedly, 101 Critical Days was not the first thing on my mind as I set out for an early Sunday morning bike ride on the largely deserted streets and roads around O'Fallon, Ill. A long bike ride is a great way to clear your head and contemplate the day and week ahead.

Fortunately for me, I've picked up some of the planning and organizing skills over the years that are key to effective operational risk management. I didn't actually pull out and run my ORM checklist during my pre-departure phase, but I did rundown a mental list of what to take on my ride.

I figured out long before the Air Force and the Department of

Defense mandated that a bicycle helmet was absolutely essential to any bike ride. I added biker gloves and safety glasses to keep dirt and bugs out of the eyes. The mouth tends to get pretty parched out there so I took along a bottle of my favorite sports drink and a wash cloth for occasional brow wipes. Last, but not least, I hooked my cell phone to my waist band just in case I needed comm connectivity while out and about.

As I pedaled away, I had no inkling of the unexpected adventure that waited just ahead. It's funny how stuff can happen so quickly and have such a potential long-term impact.

One minute I was pedaling contently down a quiet paved country road and the next ... "trouble." Trouble came in the form of three dogs running through an open area off to the right headed toward me. This was quite unexpected since I had been down this same road the day and week before with no dogs sighted.

"Danger Will Robinson!" Personal risk management kicked in, and the acronym A-C-T with it: Access your environment for hazards; Consider your options; and Take action to live.

As I said, it was a pretty tranquil environment until Fido and his pals showed up. The trio consisted of one large Lab-like mutt and two smaller white and black bundles of fur still headed my way, barking as they came. I immediately reviewed my options.

I never considered stopping, as I wasn't feeling the love, and figured I had the superior speed and agility necessary to make a successful escape. I shifted into overdrive and pedaled my old Schwinn for all she was worth. The dogs gave chase! As I transitioned into super drive, I must have looked like a modern day Headless Horseman of Sleepy Hollow fame.

Once I reached warp speed, I never saw two of the dogs again but one of the white and black mutts was persistent and kept up an impressive pace. He positioned himself just forward off my left handlebar in the center of the road, periodically glancing back and yapping as he raced all out.

Even at this point, I thought I was home free, thinking it was just seconds away from leaving the pooch in my dust. What happened next still causes me to

wake up at night with cold sweats. Instead of breaking off the chase, Bowser abruptly angled right and slid up under my front tire in a canine "hara-kiri."

SPLAT! One second I was cruising along in getaway mode like Bonnie and Clyde, and the next I was sitting in an ugly heap. "Take action to live" kicked right in. Bowser beat feet back where he came from and left me screaming like a banshee in front of his neighbor's farmhouse.

It happened so fast that I still can't replay the tape in my mind without any detail. I must have landed pretty hard on my left shoulder, 'cause when I stood up my whole left side seemed to be compressed down about six inches lower. Even with adrenaline pumping my breathing was labored and my left side from ankle to shoulder was reminiscent of the old Beatles' tune, "Strawberry Fields Forever."

My "brain bucket" had done its job ... it shattered into pieces but there was nary a scratch on my cranium.

It was obvious I needed to get to a hospital real soon and wasn't going to be riding my bike there. Despite my loud wailing, no one

ever emerged from the farmhouse to see what was the clatter or call 9-1-1. Fortunately, my wife was just a cell phone call away.

Bless her heart, within a few long minutes she swooped down on me like Florence Nightingale in our sport utility vehicle turned "Jolly Green." She quickly loaded the bike and me, and hustled without delay to Scott Air Force Base hospital emergency room.

My left lung was collapsed, probably pierced by one of my two broken ribs. The left clavicle was broken right through in two places, necessitating two surgically inserted stainless steel screws to get the shoulder lined back up. They put a drain tube in my chest cavity that stayed in place three days and a brace around my neck that hampered my movement and vision for two weeks. No skull damage was found, a testament to helmet wearing. Five days post-accident I went home.

The moral to my story ... plan for the worst. Bad, life-altering, things can happen P-D-Q so you've got to be ready. A little attention to detail up front can save a lot of pain, agony, or worse later. Your very life could depend on it!



Photo by Tech. Sgt. Joan Anderson-Brown

Free money

Benjamin Young received a \$1,500 college scholarship Monday at Mission's End. Lt. Col. John Anderson, 509th Mission Support Group deputy commander, handed Benjamin the certificate. The Scholarship for Military Children program handed out scholarships to 500 students. The program is funded by the manufacturers and suppliers that provide support for commissaries worldwide. Benjamin is the son of Lt. Col. Scott Young, 509th Operation Support Squadron.

Have a story idea?

Let us know,
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Courtesy photo

Pull, aim, squeeze, sweep

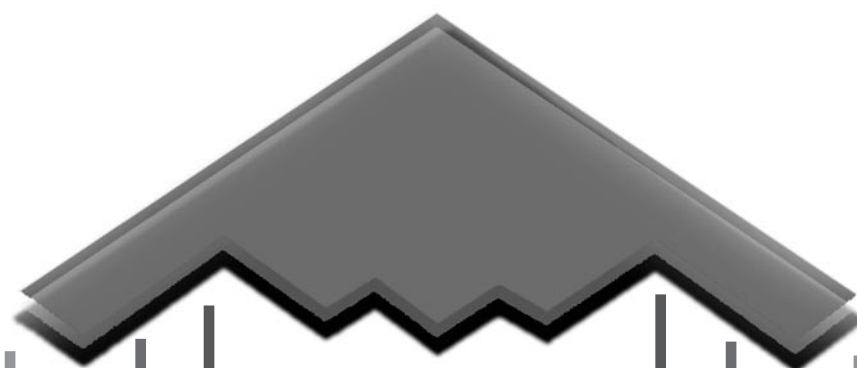
Airman 1st Class Peter Koontz and Senior Airman Kyle Best pose after putting out a small vehicle fire July 15. While performing routine inspections on refueling vehicles they noticed a vehicle with smoke coming from underneath the hood. Without regard to their own safety, Airman Best opened the hood while Airman Koontz got a fire extinguisher. They extinguished the fire and several more flare ups. In addition Airmen Best and Koontz directed the evacuation of 12 refueling units carrying more than 50,000 gallons of fuel. Their actions prevented a catastrophic incident and saved critical Air Force assets valued in excess of 2 million dollars. Both Airmen are from the 509th Logistic Logistics Readiness Squadron.



- ♦ In the event of a vehicle fire pull off to the side of the road, turn off engine and raise the hood.
- ♦ Attempt to put out the fire with a fire extinguisher.
- ♦ Once the fire has been put out, disconnect the battery to ensure there

are no more sparks.

- ♦ Call the proper authorities. Try to know where you are, cellular phones don't always route to the local 911 center.
- ♦ If the fire gets out of control get a safe distance from the vehicle and call the authorities.



Spirit Spotlights

... on **David Dye, Senior Master Sgt. Michael Klintworth** and **Staff Sgt Rebecca Logan** for getting the performance excellence award during the May U.S. Air Force air traffic system evaluation.

... on **Capt. Anthony Salvatore; 1st Lt. Jimmy West; Senior Master Sgt. Courtney Davis; Master Sgts. Vince Marler and Curtis Crowley; Staff Sgts. William Baumgarten, Brett Tillman, Robert Kidd, Rabrice Bazilme and Christopher Ralston; Airmen 1st Class Stacie Heupel, Derek Greaves and Sharla Fossen** for being outstanding performers during the May U.S. Air Force air traffic system evaluation.



DWI—An expensive way to travel

By Capt Lyn T. PatyskiWhite,
509th Bomb Wing Chief of Military Justice

You and your buddies are going to Pine Street to party. You have a plan — one of your buddies has volunteered to be your designated driver. But things change — your plan falls through and you end up getting caught driving while intoxicated. Your party just became more expensive than you bargained for — and that's if you manage to live through your poor decision.

Drunken driving offenses are punishable under state laws of Missouri, as well as the Uniform Code of Military Justice.

A simple DWI — without accident or injury — is a class B misdemeanor offense in Missouri. You will be arrested and booked into jail. Your driving privileges would be administratively suspended for 30 days, and you must relinquish your driver's license to the arresting officer.

If your car is impounded, it will cost you \$50 for towing plus additional costs for daily storage fees. If you use a bondsman to bail out of jail, it could cost you \$60 (based on 10 percent fee on \$600 bond). If you hire an attorney, their fees usually begin at \$500. Once you go to court, the judge can sentence you to serve up to six months in jail and to pay a fine of up to \$500. Also, the judge can require you to attend the Substance Abuse Traffic Offenders Program classes, with fees ranging from \$400 to \$1000 plus. In addition, the judge will adjudge you court costs, which begin at approximately \$185. Lastly, there is a Driver's license reinstatement fee of \$90.

As if that wasn't enough, you could find these fees hitting just as the Air Force considers cutting your income because of your actions. Under the UCMJ, maximum permissible penalties are dependent on the type of UCMJ action pursued.

If court-martialed, a drunk driving offense without personal injury is punishable by a bad conduct discharge, forfeiture of all pay and allowances and confinement for up to 6 months, and a fine. If your commander pursues nonjudicial punishment under Article 15 of the UCMJ, permissible punishments for drunk driving depend upon your rank and your commander's rank. Permissible punishments include reduction in rank (for enlisted members), forfeiture of up to half of your pay for two months, 30 days correctional custody (for enlisted members), reprimand, extra duty, and restriction to base (for enlisted members) or arrest in quarters (for officers).

Other consequences of driving drunk include loss of driving privileges, cancellation or significant increased cost of automobile insurance, and administrative actions — such as demotion; loss of promotion; Letter of Reprimand, Counseling or Admonition; performance report comments, and loss of your military career. All of these actions, though, pale in comparison to the possibility of killing or injuring yourself or someone else when driving while drunk.

So do the right thing — do the smart thing: don't drink and drive ... let's all stay alive in 2005!

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EAGLE EYES

To report terrorist activity,
call the 509th Security Forces Squadron at
687-3700 or Detachment 207, Air Force
Office of Special Investigations at 687-1852



EAGLE EYES - Fighting terrorism together



*If you have
any details
concerning a
crime and wish
to remain
anonymous,
call Crime Stop
at 687-4636.*



Spotlight on Justice

In June, nine Whiteman military members received punishment under Article 15, Uniform Code of Military Justice, and four were administratively discharged.

Articles 15

A senior airman from the 509th Aircraft Maintenance Squadron received an Article 15 for sleeping on duty and failing to go. Punishment was a suspended reduction to airman 1st class and 30 days extra duty.

An airman 1st class from the 509th AMXS received an Article 15 for failing to pay a debt. Punishment was a reduction to airman basic.

An airman 1st class from the 509th Aircraft Maintenance Squadron received an Article 15 for failing to go. Punishment was a reduction to airman and 14 days extra duty.

An airman 1st class from the 509th AMXS received an Article 15 for driving while intoxicated. Punishment was a reduction to airman and 45 days extra duty.

A senior airman from the 509th Civil Engineer Squadron received an Article 15 for failing to obey a lawful order and failing to pay a debt. Punishment was a suspended reduction to airman 1st class, suspended forfeiture of \$820.00 pay, restriction to base for 30 days, and 30 days extra duty.

An airman 1st class from the 509th CES received an Article 15 for larceny of non-military property under \$500.00. Punishment was a reduction to airman basic, restriction to base for 30 days, and 30 days extra duty.

An airman from the 509th Logistics Readiness Squadron received an Article 15 for disrespecting an NCO and making a false official statement. Punishment was a reduction to airman basic, suspended forfeiture of \$100.00 pay per month for two months, and 21 days extra duty.

An airman 1st class from the 509th Munitions Squadron received an Article 15 for altering a military ID card. Punishment was a reduction to airman.

An airman basic from the 509th Security Forces Squadron received an Article 15 for disrespecting a commissioned officer and failing to go. Punishment was forfeiture of \$617.00 pay per month for 2 months, restriction to base for 60 days, and a reprimand.

Discharges

An airman from the 509th AMXS received a general discharge for minor disciplinary infractions.

The misconduct included being late to work numerous times, and failure to maintain dormitory and uniform standards.

An airman basic from the 509th LRS received a general discharge for wrongfully using marijuana.

An airman basic from the 509th LRS received a general discharge for wrongfully using marijuana.

An airman basic from the 509th SFS received a general discharge for minor disciplinary infractions.

The misconduct included driving while intoxicated, being late to work and breaking restriction.

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Need a Wingman?

Confidential crisis counseling available 24/7

Call the Whiteman Help Hotline:

866-395-4357

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Expeditionary Whiteman Spirit Award



Capt. Brad Cochran

Capt. Ryan Bailey

Col. Matt Erichsen

Lt. Col. Thomas Bussiere

Capt. Ryan Bailey

325th Expeditionary Bomb Squadron

ANDERSEN AIR FORCE BASE, Guam — Capt. Ryan Bailey, 325th Expeditionary Bomb Squadron, received the Whiteman Spirit Award from Col. Matt Erichsen, 509th Bomb Wing vice commander, who is deployed as the 36th Expeditionary Operations Group commander here.

Capt. Brad Cochran nominated Captain Bailey for the award.

“Captain Bailey went above and beyond the call of duty in exemplifying our core value of service before self. He took it upon himself to establish and solidify a lasting relationship with the Guam Habitat for Humanity chapter,” Captain Cochran said.

Habitat for Humanity International seeks to eliminate poverty housing and homelessness and to make a decent shelter a matter of conscience and action. The group accomplishes this by using volunteer labor, and with donations of money and materials.

“Captain Bailey coordinated and arranged for the entire (325th EB) squadron to help with the local chapter’s annual 5K fundraiser. During the event, the 325th members augmented the set-up, execution and break-down of the required infrastructure. More than 200 runners participated.

“The event was a huge success and raised a substantial amount of money for the local (HFHI) chapter. Captain Bailey then organized squadron members to help in the final stages of construction on a new

Habitat for Humanity home in the village of Talofofo,” Captain Cochran said.

Additionally, Captain Bailey initiated a partnership with the new mayor of Talofofo and was invited to spend the afternoon as an honored guest during a Memorial Day remembrance event.

Personally Speaking

Time on station: 2 years

Time in service: 7 years

Hometown: Lacombe, La.

Spouse: Angie

Children: Caleb, 5; Joshua, 2; and Paul, 10 months.

Hobbies: Basketball, hunting, general aviation and scuba diving.

Goals: Personal — Honor Go, keep Angie laughing and raise our sons in a wise manner. Professional — Be ready to fly in combat when asked.

Best thing about Whiteman: The people in my squadron — absolutely the best squadron I’ve ever been a part of.

Pet Peeves: People that do not have a sense of humor. I mean come on, really.

What motivates your winning spirit?

Again, the people in my squadron. Any time at work I’m surrounded by talented people who could be doing 10 other things with their lives. I’m naturally kind of a slacker but that sort of fires me up.

If you could change one thing about Whiteman what would it be? Make it easier to offer incentive rides in the T-38s to our crew chiefs.

Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed by the individual making Whiteman a better place to live and work by going far beyond his or her assigned duties to “make it happen.”

If you know someone who has the Whiteman Spirit, send the nomination to the 509th Bomb Wing Public Affairs Office, Bldg. 509, Suite 111, or e-mail whiteman.spirit@whiteman.af.mil.

Submitting a Civilian Employee of the Week

To nominate a civilian employee, send an e-mail to whiteman.spirit@whiteman.af.mil. Be sure to include why this person is being nominated.

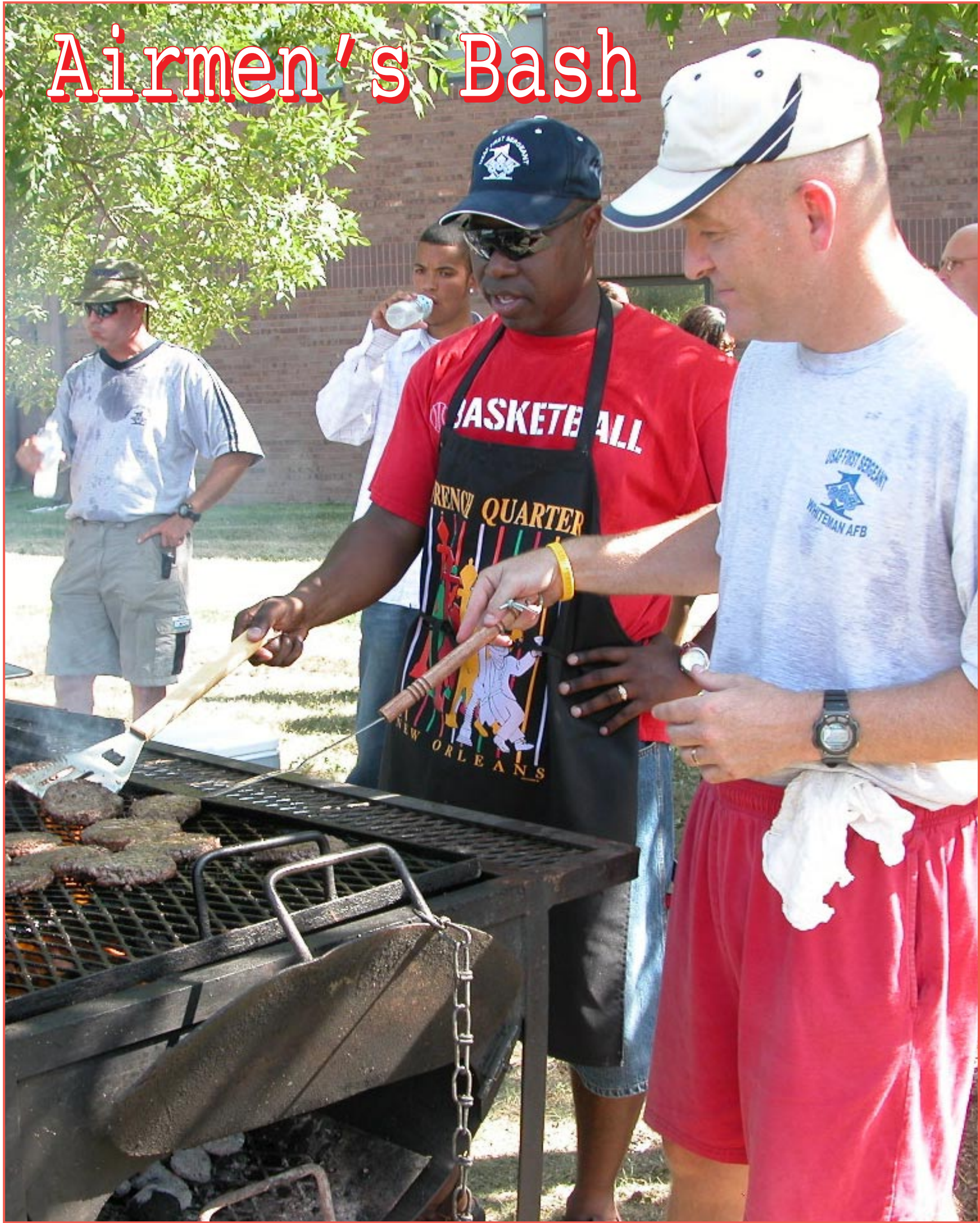


Disc jockey Kirby from Kansas City's Mix 93.3 FM hosted the Airmen's Bash. DJ Kirby played music and handed out shirts and DVDs as prizes.

Team Whiteman relaxes at Airmen's Bash



Col. Chris Miller, 509th Bomb Wing commander, introduces the Airmen's council members who helped organize the Airmen's Bash. From left: Airman 1st Class William Piper, 509th Comptroller Squadron (red shirt); Airman 1st Class Amy Bowden, 509th BW; Senior Airman Leila Hemenway, 509th BW; and Airman 1st Class Deja Merritt, 509th Operations Support Squadron.



Photos by Airman 1st Class Jason Burton



Master Sgt. Dee Ann Poole, 509th Bomb Wing, sinks her husband Senior Master Sgt. Steve Poole, 509th Aircraft Maintenance Squadron. Several officers and noncommissioned officers volunteered to get dunked in the dunk tank. Prizes were given out to people who hit the target on the first throw.



Whiteman members enjoy a game of volleyball.



The Airmen's Bash had live entertainment performed by the band Atlantis.

Master Sgts. Henry Starks, 509th Operation Support Squadron, and Gary Bolton, 509th Aircraft Maintenance Squadron, prepare food at the 3rd annual Airmen's Bash Friday. More than 75 Airmen faced the 100 plus degree heat and attended the afternoon event. The Airmen's Council organized the Airmen's Bash. The Base Community Council donated money for the event and the Warrensburg Chamber of commerce donated food. Prizes were donated by the base exchange and the commissary donated refreshments.



Photo by 2nd Lt. Mary Olsen

Laughing matter

Gayle Becwar, center, stares down Kris Bailie as her husband Tech Sgt. Scott Bailie looks on during the comedy night at Mission's End July 22. Mr. Becwar performed a comedy routine and magic act and included several Whiteman members in the show. For more details about upcoming events sponsored by the 509th Services Squadron see page 21 of the Whiteman Spirit. Sergeant Bailie is a member of the 509th Security Forces Squadron



Did you know you can fill out a Department of Defense Form 2266, Hometown News Release, for a variety of accomplishments? For more details, visit <http://www.whiteman.af.mil/hometownnewsrelease>, or call Senior Airman Neo Martin at 687-6131.

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Who are those masked men?



Photo by Staff Sgt. Steven Allen

Airman 1st Class, Justin Thompson, 509th Communications Squadron, practices aiming the M-1A2 while wearing a gas mask. During combat arms training students are brought into the weapons training classroom and shown the proper handling, assembly and

safety measures needed when using a weapon before being allowed to qualify firing the rifle. Wearing a gas mask during training better prepares Airmen for effectively using their weapons in situations where they may be in chemical environments.



Space available

The base marquee at the Spirit Gate is available for messages. To schedule a message, call Airman 1st Class Leila Hemenway at 687-6123 or e-mail 509bwpa@whiteman.af.mil. Be sure to include the date and time you want the message to be posted. Use these boxes to determine the length of your message per screen:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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The *Whiteman Spirit* wants to feature you.

Do you, or does someone you know, have a story idea you'd like to see in the paper? Let our staff know about it. For more information, call 687-6133 or e-mail whiteman.spirit@whiteman.af.mil.

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Education

For more details, visit the education center Web site at <https://wwwmil.whiteman.af.mil/509mss/educ/home-page.htm>

Ed center hosts orientation

A back-to-school orientation begins at 2 p.m. Thursday at base training and education services in Room 20. Topics will include an orientation to education services, information on available college programs, tips on getting started, career and educational goals, Air Force benefits and financial aid. To reserve a seat, call 687-2420.

Community

Airman's Attic open to all ranks

Today is the last day the Airman's Attic is open to all ranks. The attic is open 10 a.m.-2 p.m. today.

Top 3 schedules fundraiser

The Whiteman Top 3 We will have a car wash 10 a.m.-5 p.m. Aug. 5 in the base exchange parking lot to raise funds for the senior NCO induction ceremony Aug. 12 and the annual enlisted luau Aug. 26. The rain date is Aug. 8.

Singles mingle on Sundays

Singles can meet at 6 p.m. Sundays for the chapel-sponsored Singles in the Sun event. Attendees meet at the gazebo behind the dormitories. Steak will be served at Sunday's event. For more details, call the chapel at 687-3652.

CASK meeting set for Aug. 12

A Caring Adults Special Kids meeting takes place 6:30-8 p.m. Aug. 12 in the family support center. CASK is a support group for parents of special-needs children. For more details, call Jennifer Greenslit at 660-266-2493 or e-mail jrgreenslit@charter.net, or call Delia Everett at 660-287-3704 or e-mail her at geertje63lief@yahoo.com.

Family Support

Call 687-7132 for more details on these events or other family support center activities. Events take place at the FSC.

Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 8 a.m. Monday. Representatives from the military personnel flight, family support center, Reserves and finance will provide information. The MPF separations and retirements office schedules members for this briefing. For more details, call 687-1500 or 687-6720.

TAP helps people leaving military

A three-day transition assistance program for people separating or retiring from the military begins at 8 a.m. Tuesday. Attendees will learn basic resume writing skills, interviewing skills, salary negotiation, and receive information on education and Veterans Administration benefits. Reservations are required.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 747-2012.

Workshop to write resumes

A hands-on workshop that helps people through the resume writing process begins at 8 a.m. Wednesday. Reservations are required.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend. This briefing covers information about preparing for deployment and programs available to family members who are left behind.

Program provides free Royals tickets to military

KANSAS CITY, Mo. — The Kansas City Royals announced a special Military Appreciation Ticket Program for the 2005 season.

The program is designed to honor people in all branches of military service, including the National Guard. Active and retired military members and their families will receive free admission to any Sunday-Thursday home game during the season.

Details of the Military Appreciation Ticket Program are outlined below.

- ◆ People must possess a valid military ID. Tickets are limited to four per military family.

- ◆ Tickets are available for all Sunday-Thursday home games, based on

availability.

- ◆ Seat locations are in the lower-level outfield plaza sections.

- ◆ Tickets are distributed only on game days at the guest ticket window located on the home plate side of Kauffman Stadium. The window opens 90 minutes before all Sunday-Thursday games.

"The Royals want to recognize the unparalleled sacrifices that members of the military make to secure our freedoms on a daily basis," said Royals President Dan Glass.

"This special program for the 2005 season will enable us to reach out to the military community and provide an opportunity for these deserving individuals to enjoy a day at the ballpark with their families.

Free tickets available Tuesday

The 509th Bomb Wing Public Affairs office will give out free Kansas City Royals tickets at noon Tuesday. The tickets will be given out on a first-come, first-served basis. The tickets are limited to four per person/family. The game begins at 6:10 p.m. Aug. 6 at Kauffman Stadium in Kansas City, Mo., against the Oakland Athletics.

For more details, call the 509th BW Public Affairs office at 687-6123.



Photo by Poppy Arthurton

Miniature golfers hit the green

Forty-five children took part in the Air Combat Command Kids Golf program July 11-22 at the Royal Oaks Golf Course. The program included a set of clubs and five one-hour group lessons covering golfing skills from the driving range to the putting green. The course ended with a mini-tournament for parents and children.

Air Force changes fitness test criteria

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON — Air Force officials made a few changes to the physical fitness test used to assess the fitness of Airmen, effective July 1.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 18 months into the program, senior leaders have tweaked the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

"We have gotten together a group of scientists and done surveys asking folks if they like the assessment and are there issues with it," Dr. Taylor said. "This last year we brought an update to Corona and are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation."

Updates to AFI 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, and a change in the number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated

AFI will now direct that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.

"That will still be an important measure of their health," he said. "Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently, retest for marginal category is 180 days. This will be consistent with the retest time for poor scores, those less than 70.

Changes to the AFI will also include adjustment for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

"We'll use the formula for altitude calculations recommended by the National Collegiate Athletic Association," he said.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr. Taylor said, because the program has proven successful.

"Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the fitness program, but a tool to assess the commander's fitness training program.

"I want to make very clear that my focus is not on passing a fitness test once a year," said Gen. John P. Jumper, former Air Force chief of staff, in his Oct. 17, 2003, Chief's Sight Picture.

Body Mass Index Calculation

Body Mass Index can be calculated using pounds and inches with this equation

$$\text{BMI (kg/m}^2\text{)} = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

For example, a person who weighs 220 pounds and is 6 feet 3 inches tall has a BMI of 27.5.

$$\text{BMI (kg/m}^2\text{)} = \left(\frac{220}{(75 \times 75)} \right) \times 703 = 27.5 \text{ kg/m}^2$$



Photo by Senior Airman Neo Martin

In the new regulations, waist circumference will only be used when a person's body mass index is 25 or higher. Below is the formula used to calculate a person's BMI.



Services Page editor.....Poppy Arthurton
509th Services Squadron.....687-7929
*No federal endorsement of mentioned sponsors intended.

Sports & Recreation

Outdoor Recreation 687-5565

Ski boat safety course

The next ski boat class is 1-5 p.m. Thursday at Windsor Crossing. The cost is \$5. Call outdoor recreation for more details.

Wall climbing class

Learn skills and safety procedures for climbing at the class 2-4 p.m. Aug. 6 at outdoor recreation.

Family horseback adventure

Join outdoor recreation for a weekend at the Buck and Spurs Guest Ranch in Ava, Mo., 9:30 a.m. 27 Aug.-3:30 p.m. Aug. 28. The trip includes horseback riding, arrow-head hunting, a visit to a civil war fort, swimming, fishing and campfires. Children must be over 7 years old to take part. The cost is \$100 per person which covers transportation, lodging, horseback riding, dinner Saturday and breakfast Sunday. Extra money will be needed for snacks. Sign up at outdoor recreation by Aug. 14.

Lawn mower servicing

Outdoor recreation can now service non ride-on lawn mowers. The cost is \$25, which doesn't include parts.

Fitness Center 687-5496

Beat the heat 20K relay

Get together a team of four for a 20K relay race around the Royal Oaks Golf Course. Registration is at 7 a.m. at the club house, the race starts at 7:30 a.m. Aug. 8. Sign up by Aug. 5.

Dodgeball tournament

Take part in the annual Whiteman dodgeball tournament, 11 a.m.-1 p.m. Aug. 15-18 in the eagle gym at the fitness center. Teams of six should sign up by Aug. 13 at the fitness center.

Tickets and Travel 687-5643

Disney salutes U.S. forces

Monday-Oct. 4, active duty and retired military personnel can save 30 percent on stays of one to three nights and 40 percent on stays more than four nights at Walt Disney World resorts in Orlando, Fla.

Food & Fun

Mission's End 687-4422

Monthly club coin special

Club coin holders can receive a free salad when they purchase one of equal or greater value and show the coin.

ACC \$1 dinner and country night

Club members can eat dinner for \$1 5-8 p.m. Saturday. The menu includes barbecue brisket and chicken, baked beans, potato salad, corn bread and peach cobbler. After dinner there is a country disc jockey and dancing from 8 p.m.-midnight.

Back to school party

Club members and their families can forget those back to school blues from 6-8 p.m. Tuesday at the Mission's End. There will be a \$1 dinner of pizza, chicken strips, macaroni and cheese, ABC potatoes, salad and drinks as well as lots of back to school giveaways. Sponsored in part by Speedway Chevrolet* and First Community Bank*.

Stars and Strikes 687-5114

Grand re-opening

Stars and Strikes bowling center is has reopened after extensive renovations. Come in for a frame or two and check out the new decorations.

Community Activities

Arts and Crafts Center 687-5691

Craft fair

The arts and crafts center is registering vendors for the upcoming craft fair 9 a.m.-3 p.m. Aug. 27 at Mission's End. There is a vendor fee of \$10. Register by Aug. 26. Only handmade crafts will be accepted.

Air Force online gallery

Entries for the Air Force online gallery are now being accepted at the arts and crafts center. Entries can be in any medium with this year's theme being "Military Life." Entries will be displayed in the arts and crafts center until Aug. 31 and then will be submitted for possible inclusion in the Air Force gallery.



Summer art classes

Mallory Thomas, 10, daughter of Tech. Sgt. Bryan and Michelle Thomas, 509th Munitions Squadron, receives her certificate from Seemore for attending each of the six summer art classes at the arts and crafts center. The classes covered a variety of activities from painting to plaster sculpture.

Teen Center 687-5819

Meramac River trip

Teens can see Jesse James' hiding place in the famous Meramac caverns. After a guided tour of the caverns teens can swim in the river. The trip takes place 7 a.m.-7 p.m. Aug. 13, the cost is \$20 and teens should bring extra money for food.

Back to school bash

A teens-only event is planned for 7-10 p.m. Aug. 19 at the teen center. There will be movies, basketball, board games, karaoke and many other activities. The cost is \$5.

Youth Center 687-5586

Fall soccer registration

Youths interested in playing soccer with the youth center must hand in a completed registration pack by Aug. 15. Packs are available from the youth center 6:30 a.m.-6 p.m. Monday-Friday. Completed packs will be accepted 7 a.m.-1 p.m. Aug. 12 and noon-8 p.m. Aug. 15. The cost is \$30 for members and \$38 for nonmembers. Practices start late August and games begin in September. Call the youth center for further information.

Soccer camp

Soccer players can improve their teamwork, skills and sportsmanship at a youth center soccer camp. The

camp for ages 5-8 runs 8:30-11:30 a.m. and for ages 9-14, 12:30-3:30 p.m. Monday-Thursday. Sign up now, priority will go to youths who have previously played with the youth center. The cost is \$50 per child and \$35 for each additional child from the same family.

Cheerleading camp

Learn chants, cheers and jumps at the youth center cheerleading camp. Taking place 3-5 p.m. Aug. 8-11 at the youth center, the program will build teamwork and sportsmanship. The cost is \$10 for members and \$12 for nonmembers. Sign up now.

Community Center 687-5617

Photography class

Bring a 35mm camera with two rolls of film or a digital camera along to this class at the arts and crafts center and learn how to work with lighting, angles and presentation in order to achieve better photographs. The class includes a tour of the base's photogenic spots for participants to put theory into practice. The class takes place 2-4 p.m. Saturday.

Missoula's Children's Theater

Come and support the children of Whiteman in the musical production of "The Jungle Book." Performances are at 3 and 7 p.m. Aug. 5 at the youth center. Tickets are \$2, free for children under 5 years old.

Family Child Care 687-1180

Family child care orientation class

Receive training to become a family child care provider 8 a.m.-4 p.m. Aug. 15-19. Providers with chronic health problems are accepted. Pick up a registration package from the family child care office by Aug. 10.

Library 687-6217

Tracing Genealogies

Learn how to use public records and online resources to trace ancestors and build a family tree. The class takes place 9:30-10:30 a.m. Aug. 25 at the library.

Veterinary Clinic 687-2667

No time for baths?

The vet clinic now sells a waterless shampoo for dogs and cats which does not require wetting or rinsing the pet. The product is tearless with optical brighteners, lanolin-enriched and contains no harsh chemicals. It is pH balanced and does not leave any irritating residue. To purchase, please visit the vet clinic on Lockbourne Terrace.

Movie Schedule

Friday

Land of the Dead 7 p.m. R
Starring - Simon Baker and Asia Argento

Saturday

Batman Begins 7 p.m. PG-13
Starring - Christian Bale and Ken Watanabe

Sunday

The Perfect Man 5:30 p.m. PG
Starring - Hilary Duff and Heather Locklear

Adults: \$3.50 Children: \$1.75
Movie Recording Line: 687-5110
Movies subject to change due to availability.

Saturday, August 6 8:30 a.m. - 12:30 p.m.
At Shelton Park

Gift Bags For The First 400 Kids!!!

KidsDay

Enjoy a morning at an outdoor carnival with games, face painting, balloon animals, fire truck ride, an inflatable obstacle course, bingo and more. You can even join Outdoor Recreation for a trip around the base lake in a paddle boat. AAFES concessionaire will be selling lemonade, funnel cakes, cotton candy and sodas.

Learn about Family Child Care & how you can become a provider!

America's Kids Run 9-10 a.m.
Check in at 8:30 a.m.

Register by calling the Community Center at 687-5817

Win Great Prizes including an electric scooter from Wal-Mart* in Warrensburg and Services

Sponsored in part by Speedway Chevrolet*, First Community Bank*, Globe X International*, Knob Noster McDonald's*, Knob Noster Sonic*, Bank of Holden*, Community Bank of Pettis County*, First Central Bank*, Warrensburg Wal-Mart*, Coca-Cola*, Warrensburg Pizza Hut*, Eagle Claw Hooks*